



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Tennessee

All statistics are based on parental reports.

National %	State %	
14.8	20.0	Percent of children who are overweight
21.9	32.5	Age 10-11
14.4	18.9	Age 12-14
10.7	12.8	Age 15-17
22.4	33.1	0-99% Federal poverty level
19.0	22.9	100-199% Federal poverty level
13.7	17.3	200-399% Federal poverty level
9.1	12.8	400% Federal poverty level or more
18.1	22.9	Male
11.5	16.8	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	65.1	
78.2	71.0	Age 10-11
74.2	70.9	Age 12-14
63.3	54.9	Age 15-17
76.8	72.4	Male
65.6	57.1	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	54.8	
61.5	63.6	Age 10-11
61.6	56.2	Age 12-14
53.4	47.2	Age 15-17
62.1	57.7	Male
55.0	51.5	Female
72.9	71.7	Percent of children with at least one parent who exercises regularly